

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 34, March 2008

Caution: This is a long one... so get comfortable and read on and on and on... (it may take a couple of readings.....) We are sending out our Muse with our new gmail account... please put us down as "allowed". If you don't want to receive the Muse, please let us know.

We are back.... We have been waiting to finish up the revisions to the website (www.drsmick.com) and the finishing touches on the new jewelry website (www.drsmickjewelry.com). A big thanks to Sue Dennison for helping us (well, actually doing/redoing) the sites!!! We are thrilled with the work Sue has done. If you need ANY web or design work, we encourage you to look at her website: www.sagespider.com or write to her directly at web.sagespider@gmail.com Do take a look at both of our sites. On the regular website (www.drsmick.com) not only are all the *Level Work*, any *Other Services* and all the *Mickelson Muse Newsletters* (currently being added) put on in readable format, but there is also a section that has all sorts of interesting information (*Resources*) that you may find useful. On the jewelry website, Loren has designed many, many new pieces. Although Loren does the actual "making" of the jewelry, I pick out many of the stones and give my input (i.e. two cents) on the design.

So what is new? For us, our daughter, Hidi, gave birth to a little girl on Feb. 9... We now have two grandchildren to spoil – and we are loving it!!!! (Photos at the end of this newsletter)

Discernment, discernment, discernment, discernment

Now, more than ever you have a critical need for using keen discernment about all information you receive in any form (written word, speeches, channelings, messages from "the other side", messages from friends who are in "the know", paid for readings, us, your family, etc.). Use your intuition as to whether the information is truth for you.. or not for you. You will never have one source for all the information you will need for your journey this lifetime. You take the information you receive and use only the pieces that fit FOR YOU. This doesn't make the information wrong or the person giving you the information right or wrong. It just means the information comes through a third dimensional person's brain (even unconscious channeling) and third dimensional belief systems of the person channeling the information. Perhaps the message is biased based upon what the person giving you the information's ability to comprehend or even have third dimensional language to explain it. The information giving person isn't knowingly giving you incorrect information, but giving you an interpretation of the information they receive. The folks on the other side do the best they can to give us information, which is why YOUR OWN intuition is best at discerning what is being said, if it is correct for you and letting you know (hopefully) how to use it. Just because you are listening to the best known guru or chaneler in the universe, doesn't mean that person still isn't third dimensional with a third dimensional brain and a third dimensional set of belief systems. Whew, enough said, except again, use your intuition.

Is it time?

We keep hearing that there is not much time left for those who still are sleeping (or not awake) behind the veil. Those folks who are so used to their conditioning of where they are.. who are unaware of who they are and their potential. It is time for all sleeping folks to become consciously aware so they can separate truth from non-truths and become spiritually prepared to accompany Earth into the higher planes of energy. Matthew Ward in his messages to his mother Suzy, tells us that it is not Earth who decides which of her beloved children will make the trip with her, she wants ALL to go, and it is not an arbitrary basis that determines who goes and who doesn't; it is just plain physics. The light of raised consciousness and spiritual clarity, the knowing that all life in this universe is inseparable and connected with God and all other souls, and living accordingly, carries a frequency that enables physical survival in the energy planes where Earth is heading. He goes on to say that those who ignore the urging of their souls and instead choose to stay oblivious to this universal truth, do not have that light; and without it, they remain in their lower frequency that prevents bodies from surviving in the higher energy planes. Although once back in spirit life they can plan the next incarnation with the same circumstances and another opportunity to "see the light," they will realize that they defaulted in their pre-birth choice to do that in this lifetime.

Now, what to do about it? As was said above, use your intuition... start trusting the messages from your soul. Communicate with your soul. How? It will be different for each person. Some can go into meditation and receive information. For others that is not an option (I am one of those, it is hard to quiet my mind), so take a walk, listen to the wind, watch the waves, talk to a tree (I know, I know, sounds strange, but for some this works). Communicate with your soul and listen to its messages just for you... make the changes your inner guidance is urging and stop thinking, "I can't do this", "what if", "I need to have someone else tell me what my intuition is telling me".. this last one is hard to break... use another person to help validate the information you are receiving, but not be the total bearer of information). AND... time to be a caring, compassionate observer and not an active part of others' traumas and dramas. You can't change another person.. you can offer support, advice, compassion, but you have to let another person define their own path and learn to listen to their own guidance. You can help them do this, but you cannot do it for them. It is time to sweep away self-doubt, resentment, criticizing others, guilt, ego-centeredness, procrastination and regret, and fill those spaces with unconditional love of self and others, self-confidence, forgiveness of self and others, assisting wherever you see the need and viewing a situation from all perspectives. Matthew goes on to say that it is time to feel peaceful because you know you have the innate power to handle whatever challenges arise between now and the Golden Age, where all life flows in harmony with Nature.

Ok, Ok, Ok.....Let's talk a little bit about this veil stuff

We were out having coffee the other morning (hey, we live in Seattle) and on my cup was a sticker that said "Attitudes are contagious"... When your attitude is one of joy, you spill joy all around you... quite the reverse is when you feel icky.. you spread the ickiness to everyone around you. As we have written about a number of times, there is a veil of fear that energetically surrounds our planet. As your vibration rises you learn to go beyond the veil and beyond "fear".

Most of us “get” it, but don’t always live it. We let “fear” permeate our whole essence and in turn let fear control us. Fear of an idea, of what might be, is as much a captive state of consciousness as the fear of what you consider concrete. When information about merely conceptual fearsome situations is passed on as foregone conclusion by sincerely well-meaning individuals (or perhaps not well meaning), they may be doing so in concerned innocence, but the fear that is created is or becomes real.

Again, Matthew Ward (in 2002) stated, “The energy of fear forms a barrier (veil) between the feared object or circumstances and the energy of light. Because of the barrier (veil), the light in the souls of fear-full people cannot reach their consciousness to dispel the power of those fears over their lives, and the light being sent to them by light workers cannot penetrate. The barrier feels like a real wall, isolating the person with the consuming fear and leaving no way out. This energy blockage of the light intensifies the owner of whatever is feared, thus enabling it to draw to itself more manifestations to be feared. Fear is wildly contagious, and due to its magnification in power, fear sensation streamers have sticky edges that attract the kinds of energetic interactions that omit common sense, sound judgment, and wise decisions. Fear is so insidious that it can convince a person that the only way to escape is through portals leading deeper and deeper into darkness. Fear is the forbearer of such actions or characteristics deemed prejudice, tyranny, greed, cruelty, belligerence, deception, dishonor and hatred, and even those seemingly senseless tortures or deaths of innocents arise through psyches that have been twisted and tormented by fears.

Light cannot reach those souls to let them know they are stronger than the fear. Nothing is stronger than light and love which everyone has been gifted. Individuals (leaders, countries, etc) who created the fear cannot create light and they cannot coexist with it, they can only try to create fear and try to capture individuals through fear. The magnified energy of fear draws to the people like thought forms from the universal soup, and the power of natural laws then bring into reality the fearsome ideas manifested into form through sustained conscious belief in their existence. There is now something to fear – it is what fear itself created.”

So what we have is some idea.. belief in the fear-filled idea’s reality is what makes it so. Let’s go a step further... worry - is fear harnessed to imagination. Shortly after we perceived something (an event, a person, a thought, etc.) our brain starts to consider the possible outcomes, repercussions, or implications of the something. And, because our brains are powerful and efficient, the list of negative or bad things that can happen grows at a fantastic rate. We become apprehensive and scared, and we experience these sensations as worry. Although we often attempt to ignore or deny these feelings, sooner or later the fears assert themselves and we have to admit it: we’re worried. It is important to understand that a worrying person is uneasy or nervous or scared or terrified not of what is actually happening but of what might happen. That is the brilliance, the beauty, the power, the triumph of worry. Because anything might happen. The potential of worry is infinite. Wouldn’t it be wonderful if we could turn around and use the power of fear, the power of worry for positive things, for good things to manifest? If you can understand the origins of worry.. leading then from a recognition of the subtle differences between the many states of worrying (just thinking, fretting, brooding, stewing, panicking) to an acceptance and embrace of worry... then you should be able to do the opposite and put the same powerful energy into manifesting positive changes or things in your life. Do you react the same

to “I don’t have enough money to pay my house payment” as you do to having the funds to pay it? We have learned to harness the powerful force of worrying and having fear.. we’ve learned how to worry and fear deliberately, consciously and in a targeted and directed manner even if we weren’t doing it “on purpose”. Don’t you think it is time to turn it around and not worry or fear but expect good, positive things to happen with the same intensity that we used to worry, fret and fear?

So, again, is the how in the heck do we do that? How do we not worry, how do we not go into fear?

1. Ok, you won’t like this, but first and foremost... breathe, breathe, breathe... think your body bigger... see if the worry or fear belongs to you or have you taken something on that isn’t yours?
2. Set up a “worry or fear” schedule... first of all you keep a notebook of all your concerns, write them down as you worry about or fear them. But you do not get to worry about them yet. Schedule a time once a day.. say 4 o’clock.. and at that prescribed time, get out the notebook and go over all the worries and fears. Don’t rush, cheat, or cut short a worrying workout session. Worry fully with maximum distress and avoiding looking on the bright side will.. well, start being pretty funny. Don’t forget to frown. Frowning, which exercises important facial muscles, deepens lines and grooves and provides that much more to worry about the next time you look in a mirror. Schedule times once a day for awhile, then once a week. The first time you do this, set a timer for the amount of time you will spend worrying or fearing over something... you will find yourself scheduling less and less time.. but keep the worrying notebook for awhile to write things down that worry or concern you. As time passes, you will find this list getting shorter and shorter, also.
3. If you haven’t done the “Fear Chakra” work, (you can find this on the website under Other Work), you might want to consider it. If you have already completed it awhile ago, get the exercises out and do them again. If you can’t find them, email us and ask us to send them again.
4. If you haven’t done the “Shadow Work” (Level 19.. you can find this on the website under Level Work), then you may want to consider this.
5. If you haven’t done “The Radical Balance” (you can find this on the website under Other Work), you may want to consider it. If you have done it, then go through all the exercises again.
6. If you haven’t done “Releasing Old Past Life Patterns” (Level 7, you can find this on the website under Level work) you may want to consider it as the fears and worries may not be from this lifetime.
7. A new level of work has just come through that you may want to consider... Level 22. Information about this will follow
Note: Loren and I go through the exercises of all the above periodically because as life happens so do new issues, new revelations, etc. that need to be dealt with. Also, as the vibrational rate rises, so does the need for re-balancing, etc.
8. Smudge your house.... (you can do this by actually burning sage, cedar or sweetgrass bundle or get the same result by ringing bells or using sage oil) and perhaps take a shower or bath to wash away “stuff”.
9. Again, **Breathe, Breathe, Breathe**, think yourself bigger...

It is now a day later than when all the information above was written. Why is this important? Because a really strange thing happened to us this morning... in fact, life has been sorta really, really strange the past few months. Disturbed sleep, unsettledness, anxiousness are just a few words to describe us. Much information has been “coming through” and we have had a devil of a time sorting it all out. To get back to matters at hand. We have a beautiful very sunny, warm day here in Seattle... a day that draws you outside. Instead of laboring over the keyboard yet another day to try to figure out what we are trying to say (without grasping it), we decided to go to Alki... a peninsula off from Seattle that is, at the shoreline of Puget Sound (waves and salt water), flat and walkable (important for us old folks, hee-hee). Everything we were writing about was just a precursor to what were trying to figure out. “They” and you notice I put that in quotes... want us to talk about a veil-like blockage...in fact, the word veil was included in the above writings. We have written about veils before... Veil of Fear, Veil of Forgottenness, Veil of Illusion.... Alpha Veil???? What... another veil???? Or is it something else that acts like a veil???? Can it get anymore confusing????



Level 22: Finding Ones “True Self”

What is Normal? We don’t know... in fact, no one knows. There have been massive amounts of books, tests, academic papers, etc. written about “normal”. No agreement has been made, just a wide range of “normal”. Perhaps our knowledge of normal is flawed... marred by a fundamental defect. What if, since the beginning of time “normal” was meant to be more than we can imagine? What if during certain period of times, everything is set so we can unburden ourselves of the marred normal to unearth the real normal? Meteorologists record atmospheric disruptions as scientific facts, as well as electrical disturbances, cold waves, heat waves, magnetic currents, and other invisible forces influencing man’s physical nature. There are also scientists who are discovering and interpreting the mysteries of sound waves, light waves, radio waves and their direct influences upon a person’s well-being.

Will they someday discover that before all this phenomena swept a force of infinitely rarer, more tenuous, more rapid vibrations that under certain conditions directly affected the mental and spiritual sides of man’s nature - stirring them into extreme and even super“normal” as well as ab“normal” activity? (We used the term “normal” in quotes because of the lack of definition of “normal”). (This phenomena is sometimes called this the thinning of the veil between dimensions. Also during this time you could even get glimpses of beings that exist in other dimensions. The thing to remember is not to be afraid of what you see or feel.) ***

It would account for those strange periods in history when geniuses, poets, reformers, orators, idealists, revivalists, as well as those the world calls “cranks,” spring up suddenly on every side, each one responding according to individual capacity and degree of development, as though under the spell of a compelling agitation.

At such times some reach great heights of thought – some are moved to heroic action; pure and highly sensitive natures repudiate the world and its pleasures and turn their thoughts beyond the veil of flesh into the regions of the Spirit. There are also enthusiasts who venture from the beaten track of thought and get bewildered in labyrinths of their own making. There are seemingly sensible people who suddenly accept preposterous theories and become fanatics and run here and there propounding vagaries. The voices of orators, preachers, statesmen, can be heard exhorting the emotional masses. There are respectable and well-meaning persons of limited vision who become hysterical – and some of them even go mad. Just as from the strings of some ancient harps, the wind will bring forth harmonies of transcendent beauty, so others lacking resonance will give out only discords. Thus the minds and souls of men and women respond to inverse ratio to undercurrents of mental and spiritual agitation.

Such periods come and go mysteriously. Much has been written about these times through teachings at the heart of many religions. Tolle writes in *A New Earth*, “Hindus see this dysfunction as a form of collective mental illness. They call it *maya*, the veil of delusion. Buddhists use different terms. According to the Buddha, the human mind in its normal state generates *dukkha*, which can be translated as suffering, unsatisfactoriness, or just plain misery. He sees it as a characteristic of the human condition. Wherever you go, whatever you do, says the Buddha, you will encounter *dukkha*, and it will manifest in every situation sooner or later. According to Christian teaching, the normal collective state of humanity is one of *original sin*. *Sin* is a word that has been greatly misunderstood and misinterpreted. Literally translated from the ancient Greek in which the New Testament was written, to sin means to miss the mark, as an archer who misses the target, so to sin means to miss the point of human existence. It means to live unskillfully, blindly, and thus to suffer and cause suffering. Again, the term stripped of its cultural baggage and misinterpretations, points to the dysfunction inherent in the human condition.”

What if from the beginning there has been something in each of us that has kept us from succeeding? What if we have been blindingly leading our lives hampered by a dysfunction within each of us? If this history of humanity were the clinical case history of a single human being, Tolle writes, the diagnosis would have to be: chronic paranoid delusions, a pathological propensity to commit murder and acts of extreme violence and cruelty against his perceived enemies, this own unconsciousness projected outward. In other words, criminally insane, with a few brief lucid intervals.

Historians have written about these intervals in history where there have been clusters of enlightened rational behavior beaming through like a sliver of hope for mankind. These are the times that geniuses and prophets crop up with marvelous enlightened information. Following these times in history, when the veils between all the dimensions are the thinnest, are times when the collective “mind” reverts back into darkness. (This is when the veil increases in density – gets thick so the mind reverts back to old “known” patterns of dysfunctional “normal”).

Once again, we are at such a heightened time when the veils are very thin, but this time we have been given more information as to what is going on and why we weren't or haven't been able to completely break free from the old dysfunctional mind set. It is important to realize, that fear, greed and the desire for power are not the dysfunction that we are talking about, but are themselves created by the dysfunction which is a deep-seated collective delusion that lies with the mind of each human being. These times are marked by a vital impulse towards breaking away from existing conditions. Restlessness and a sense of change are prevalent..there is a straining to go after ideals that seem to be unattainable; the public at large is unaccountably

stirred and shaken, something unseen and intangible possesses it (maybe a strong word, but certainly people feel they should be able to do more, something is keeping them in bondage). Why haven't we (collectively throughout history) been able to break free from this condition? We are ready for a radical transformation. You may call it enlightenment, but we call it finding "oneself". To recognize that something is amiss, that perhaps we are dysfunctional or insane or unbalanced is the beginning of healing and transcendence. It seems like we have been working towards this our whole life (or lives).

Now to get, perhaps to the core of the problem: What if a delusional seed cloaks and conceals truth within us? This delusional seed was planted in the embryonic membrane prior to birth... This seed has been planted again and again since the beginning of time. The story or situation may be nothing but an old memory, passed down through the generations, but nevertheless, it still affects us deeper than we could ever imagine. It reflects how we perceive our reality on a daily basis, and this perception of reality then affects everything we do. Religions throughout history have used this "bad seed" to control us... Religions became ideologies; belief systems people could identify with and so use them to enhance their false sense of self. Through them, they could make themselves "right" and others "wrong" and thus define their identity through their enemies, the "others," the "nonbelievers" or "wrong believers" who not infrequently they saw themselves justified in killing. **Man made "God" in his own image.** The eternal, the infinite, and unnamable was reduced to a mental idol that you had to believe in and worship as "my god" or "our god."

In spite of all the insane deeds perpetrated in the name of religion, the **Truth** to which they point still shines at their core. It still shines, however dimly, through layers upon layers of distortion and misinterpretation.

It is time to remove this delusional seed to unlock the truth that lies within. The regular cost will be \$999.00, but we will offer this level for \$444 until March 21. Let's figure out what normal is.

Why do this level? Take a look at where you are in this lifetime. Look at the delusions that are prevalent all around you. Do you even know what they are? It is now time to change. Change does begin in the mind.

Pondering

Ending with some pondering to think about: When we are all on our journeys this lifetime, we all talk about ascending. What does it mean to you... does it mean your body will be lifted off the planet into the heavens or moving into a lighter density and vibration by opening of your heart and mind to unto the light of love that enables Heaven on Earth? Perhaps we need to understand that heaven is not a location but refers to the inner realm of consciousness. Tolle writes that "A new heaven is the emergence of a transformed state of human consciousness, and a new earth is its reflection in the physical realm."

And...In reading Tolle [A New Earth](#), he states that "A significant portion of the earth's population will soon recognize, if they haven't already done so, that humanity is now faced with a stark choice: Evolve or die. A still relatively small but rapidly growing percentage of humanity is already experiencing within themselves the breakup of the old egoic mind patterns and the emergence of a new dimension of consciousness. What is arising now is not a new belief system, a new religion, spiritual ideology, or mythology. We are coming to the end not only of mythologies but also of ideologies and belief systems. The change goes deeper than the content

of your mind, deeper than your thoughts. In fact, at the heart of the new consciousness lies the transcendence of thought, the newfound ability of rising above thought, of realizing a dimension within yourself that is infinitely more vast than thought. You than no longer derive your identity, your sense of who you are, from the incessant stream of thinking that in the old consciousness you take to be yourself. What a liberation to realize that the voice in my head is not who I am. Who am I then? The one who sees that. The awareness that is prior to thought, the space in which the thought or the emotion or sense perception – happens.” Enough said, huh?

That is it for now.

Loren and Diane

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Veta and Carson